

Summer 2018



THE WESLEY COMMUNITY

CONNECTION

Greater Health | Greater Life | Greater Saratoga



Embracing Excellence Initiative
Continues to Move Forward

Saratoga Grandparents Day to
Celebrate National Holiday

Stories of Impact



Summer in Saratoga is here again and our Wesley Community residents are enjoying the wonderful weather and the beautiful scenery that our campus has to offer. Our dedicated maintenance team keeps our campus looking bright and cheerful for all to enjoy.

We enter this time of year ready to continue our good work to care for our residents and clients. As introduced to you last year, our Embracing

Excellence Initiative continues to move forward at a strong pace and I am delighted to share with you one of the outcomes of that effort – the publication of a defined set of core values. While our dedicated staff has embodied these traits each day since our inception in the early 1970s, only recently did the entire team come together to articulate just what Wesley stands for in a few key words. The result is outlined for you on page 8 of this publication.

You will also read about stories of residents who call The Wesley Community home now. It is always a pleasure for our staff, and for me, to hear about our Residents' accomplishments in life. In this issue, we are highlighting a few of those stories.

Through all of the changes and initiatives on campus over the years, and today, the support we receive from residents, families, donors, staff and the greater community is steadfast. We would not be able to fulfill our mission without all of you. For that, we thank you.

Sincerely,

Brian Nealon

J. Brian Nealon, LNHA
Chief Executive Officer
The Wesley Community

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Our Community



COVER PHOTO: Woodlawn Residents Ralph and Lillian Nicolson taking a walk on campus; read more about their story on page 3.

The Wesley Community works to maximize the independence, fulfillment and enrichment of all lives we touch.

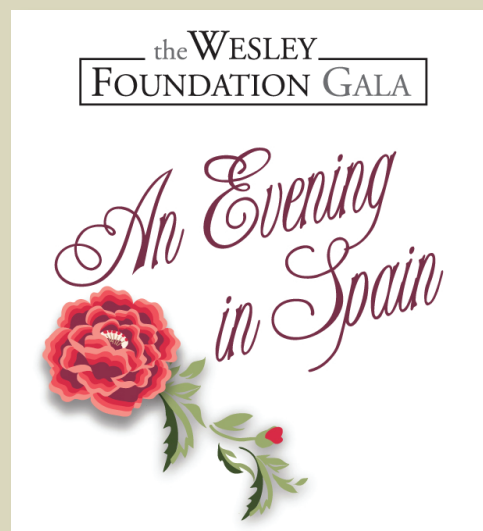


Steps Shared for a Great Cause

Share a Step for Seniors, a first year event for The Wesley Community, invited community members to get their steps in for the month of June. More than 2,800 miles were traveled and \$5,700 was raised for The Resident Activities Room Renovation Project. Thank you to our sponsors, steppers and supporters!

The Wesley Foundation Gala a Success!

The Wesley Foundation's Annual Gala raised more than \$97,000 in net proceeds to benefit the Resident Activities Room Renovation Project. Thank you to Presenting Sponsor, Adirondack Trust Company, Honorary chairs, Jim LaVigne and Mary Gavin, and all of our sponsors, supporters and attendees.



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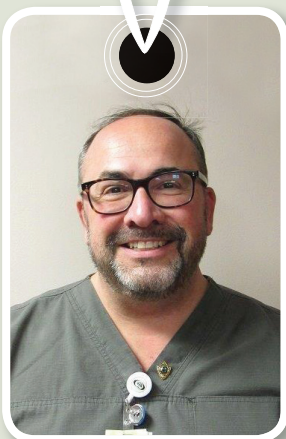
Marge Reynolds Turns 100

Marge Reynolds celebrated her 100th birthday on April 6, 2018, at Woodlawn Commons with sparkling cider. Marge has been a resident of Woodlawn Commons since 2011. ■

Happy Birthday, Marge!

Wesley Society Inductees

New members of The Wesley Society were recognized on April 24 at Longfellow's Inn and Restaurant in Saratoga Springs. The Wesley Society honors supporters who have either made \$10,000 or more in lifetime donations, or have made a commitment to The Wesley Community through a planned gift, such as a bequest or trust. These gifts create a legacy enabling The Wesley Community to meet the needs of the aging and those requiring long-term care. New members honored this year include: Jon R. Allen, Chip's Landscaping, Fine Affairs/Geriann Eddy, Holiday Inn - Saratoga Springs, The Saratogian, Frank and Delores Parillo, Select Rehabilitation and Isabelle Williams. Thank you to Longfellow's Inn and Restaurant for hosting this event. ■



Wesley Health Care Center Invests in Additional Alzheimer's Support

Carl Picioccio has been named the Alzheimer's Engagement Coach for the Alzheimer's and Dementia unit at Wesley Health Care Center. Carl has worked at WHCC since 2010 and has been a champion for The Alfred Z. Solomon Therapeutic Activity Program, which uses the B.U.D.D.I.E.S. F.O.R.E.V.E.R. model to engage residents. As the Alzheimer's Engagement Coach, Carl will focus on resident engagement and training on Alzheimer's management and interaction for staff and family members. ■



STORIES OF IMPACT

The Residents of The Wesley Community have made lasting impacts in their communities and, for some, around the nation and the world. Our residents have fought in major world conflicts, made contributions to scientific advancement, operated local businesses that kept small-town economics booming, taught and inspired students who went on to have significant impact, and so much more. As part of an ongoing series we hope to continue in future issues of The Wesley Community Connection, here are two short stories of those who have accomplished much in their professional and personal lives.



A.C. Riley began her career in Saratoga Springs as a door-to-door interviewer for Proctor and Gamble, which

provided great experiences that she would use as she transitioned to the volunteer and political sectors.

A.C. ran for Saratoga supervisor in 1979 and for mayor in 1990, with successful campaigns each time. A.C. served as the first woman to be elected supervisor of Saratoga Springs, the first woman to chair the Saratoga County Board of Supervisors and then became the first woman mayor of Saratoga Springs.

Hard work and commitment to the Saratoga Springs community are two of her greatest contributions during her time as a resident. She has inspired many women of all ages that they can absolutely elicit change that they would like to see.

A.C. had an up-close view of one notable moment in Saratoga's history in 1964, when she was in attendance at the groundbreaking for Saratoga Performing Arts Center. She watched as Governor Nelson Rockefeller broke ground for the arts venue.

While still very active in the community, A.C. now spends her time enjoying golf and watching different performing arts at SPAC.



Ralph and Lillian Nicolson

co-founded the Glens Falls Area Habitat for Humanity,

with the support of the Glens Falls Christ Church United Methodist. This Habitat for Humanity affiliate oversees renovations in Northern Saratoga, Washington and Warren counties.

When they first founded the affiliate and scheduled their first

public meeting for March 1991, Ralph and Lillian figured that they would draw around 25 people to the cause. They were pleasantly surprised when a crowd of more than 65 people showed up. This support continued on through the affiliate's maturation, and today the organization continues to work in partnership with the community to provide the opportunity for home ownership to those who find it just out of reach. Through the leadership of Ralph and Lillian, hardworking families are able to find affordable housing options in our communities.

The group has now renovated 28 homes in the supported counties. Locations in Saratoga Springs include Division Street, Cherry Street, King Road and Loughberry Road, along with countless others in the surrounding area.

Ralph and Lil now stay busy with their friends at Woodlawn Commons, enjoying the performing arts programs of Skidmore and attending Tri-City Valley Cat's games as well as Adirondack Thunder Hockey games. ■



THE WESLEY COMMUNITY

Embracing Excellence Initiative Continues to Move Forward

The Wesley Community's "Embracing Excellence" initiative, a strategic plan that launched in 2017, will transform all aspects of the organization to address the changing demand for aging services and to continue to meet the needs of the older adult population in the future.

The strategic plan was designed to enhance all aspects of working and living at The Wesley Community, including several investments and initiatives across its continuum of care campus in Saratoga Springs to better meet the needs of residents and staff. In addition, Wesley Senior Solutions, a home care agency, was acquired as part of the overall strategic plan.

The Wesley Community is excited to share with our stakeholders

an update on some of our accomplishments so far on this journey.

Core Values Formally Established

An organization-wide effort that involved all Wesley Community team members led to the formalization of The Wesley Community Core Values. While we always have believed in what is referred to on campus as "The Wesley Way," the Embracing Excellence initiative sought to clarify and define those characteristics that make Wesley employees and our entire campus culture so special. Led by a group of Core Values Champions that represented departments from across the campus, the process included input from staff at all levels. The final result was The Wesley Community CARES, which stands for:

-  **C: Compassion**
-  **A: Accountability**
-  **R: Respect**
-  **E: Excellence**
-  **S: Spirit**

Next steps include gathering staff input to assist in further defining each of the values and then creating and producing a

Core Values Education Program for all Wesley team members. Residents, families, staff and visitors will also see this acronym throughout our campus in the months ahead. We hope all will agree that Wesley CARES and that our team embodies these values every day!

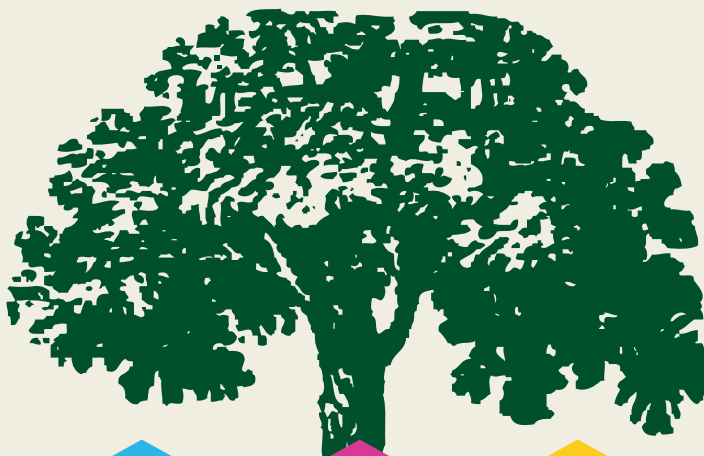
Resident Satisfaction Survey at Wesley Health Care Center

As part of our Embracing Excellence initiative, new Resident Satisfaction Surveys were conducted with help from many volunteers from Skidmore College and Maria College. The team at Wesley Health Care Center received initial results in late spring and is working to evaluate all of the feedback. While we look forward to celebrating the positives, we are ready to get to work on the opportunities for improvement. Action plans for improvement will be driven by the Quality Assurance and Process Improvement Committee (QAPI) via process improvement teams. This committee is led by Jessica Florio, our nursing home administrator. We are committed to sharing the results and our progress with our residents, their families and our staff after the improvements are completed.



THE WESLEY COMMUNITY

CARES



Employee Engagement Initiatives Underway

Our brand-new Employee Health and Wellness Committee is up and running, with participation from throughout our workforce. One of the committee's first projects has

been to partner with The Wesley Foundation on the Share a Step for Seniors Event in June.

The Wesley Community has also recently completed a new round of Employee Satisfaction Surveys. We will be developing corporate-wide and department-specific goals to

address opportunities identified in this process.

In summary, the Embracing Excellence initiative is off to a strong start, and we look forward to sharing further updates on our collective successes in the future. ■

THE WESLEY FOUNDATION'S DONOR PROFILE SERIES

The Wesley Foundation's Donor Profile Series focuses on individuals and businesses that have shown their support and commitment to the mission of The Wesley Community. Jim LaVigne and Mary Gavin, Honorary Chairs of the 2018 Wesley Foundation Gala, discuss their connection with The Wesley Community and the impact that it has had on their family.



Q: Tell us how you first got involved with The Wesley Community.

JL/MG: We first got directly involved in the Wesley Community four years ago in March. Jim's father had passed away, and the family felt that his mother, Lillian, could no longer live alone in Florida. We moved her to the independent living facility at Woodlawn Commons. It was a difficult transition for Lillian, and both she and the family needed to be assured

that she was moving into a caring environment. She acclimated quickly and soon was enjoying each day with her many new friends.

Q: What is your lasting impression of The Wesley Community? What do you wish other people knew about The Wesley Community?

JL/MG: Our first and lasting impression of Wesley is multi-faceted. One look at the campus tells you the facilities themselves are the very best available to the elderly community - spacious, modern, extensive, well-maintained and always impeccably clean. What was not apparent prior to being there is how caring and compassionate the staff is, from the CEO right down through the wonderful people working in maintenance and the food service department. Everyone is unfailingly considerate to and truly cares about the residents. This is a wonderful place for your parents to spend the final part of their life's journey.

Q: Why do you think The Wesley Community is so important to Saratoga?

JL/MG: We work in the health care industry, and a common quote we hear is from Mahatma Gandhi, "A nation's greatness is measured by how it treats its weakest members."

A great community requires more than great schools, health care

and employment opportunities. It also requires a compassionate and professionally administered place for the community's elderly citizens to live out the balance of their lives with dignity and respect.

Q: What might someone be surprised to know about you?

JL/MG: This isn't Mary's first experience with nursing homes. Early in her career she worked for a nursing home developer as its chief financial officer. That experience gave her a great appreciation for the complexity and compassion needed to be successful in this business.

Q: Tell us about your business and careers.

JL/MG: We make our living financing capital improvements for health care facilities, primarily hospitals and, to a lesser extent, nursing homes. Our clients are usually large hospitals in major metropolitan areas, but we are fortunate that we have been able to run our business from our home.

Q: What would you tell others who are thinking about giving to The Wesley Foundation but have not yet made the commitment?

JL/MG: Senior care facilities and nursing homes rely on philanthropic support to maintain excellence in their facilities and their care. If you wait until you need that care to give your support to these providers, the care you need may not be

there. Support it early primarily because the community needs it and secondarily because it will be there when you do.

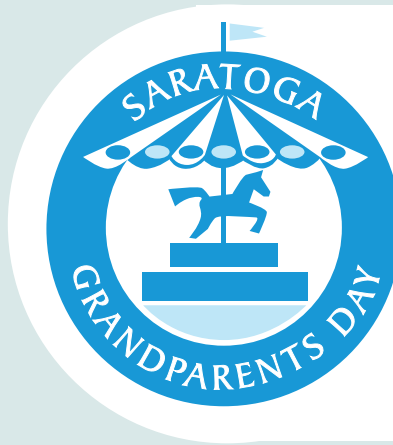
Q: You were the Honorary Chairs of the 2018 Wesley Foundation Gala. Why was it important for you both to be involved with the event?

JL/MG: We learned firsthand what a gem The Wesley Community is when Jim's mother moved there. Serving as honorary chairs was the perfect way to thank this essential organization.

Q: What else would you like us to know about you, your business and your commitment to the community?

JL/MG: We moved to Saratoga Springs 16 years ago and were amazed by many aspects of the community, but none more so than the ingrained nature of community service that you find in Saratogians. Everyone we met was invested, somehow, in the organizations and events that make our city such a great place to work and live. We each found causes that were important to us: Saratoga Sponsor-A-Scholar, Saratoga Hospital, Jake's Help from Heaven, Saratoga Central Catholic School, the Skidmore Young Writer's Institute. We support those causes and volunteer because you can't live in Saratoga and sit on the sidelines. You have to get involved! ■

CELEBRATE WITH US ON NATIONAL GRANDPARENTS DAY THIS YEAR!



**Bring the whole family to enjoy
the 2nd Annual Saratoga
Grandparent's Day**

**Sunday, September 9, 2018
at the Saratoga City Center
from 1 - 4 p.m.**

Proclaimed the celebration of National Grandparents Day in Saratoga Springs in 2017, this event will celebrate and honor Grandparents and Great Grandparents. It's also a great way for families of all ages to spend the day together on National Grandparents Day.

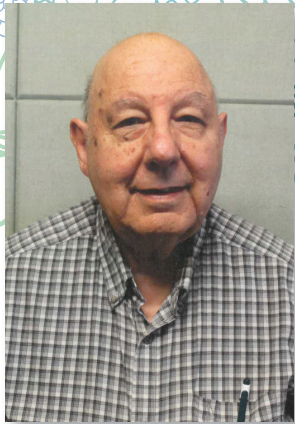
We invite you to celebrate National Grandparent's Day in style this year by bringing the entire family out for a day of multi-generational fun! You can create lasting memories through activities that all ages can enjoy. The fun-filled afternoon includes crafts, carnival style games and treats, face painting, balloon art, a magician, fun photos and more.

Admission is a free for the whole family, and the first 250 Grandparents and Great Grandparents to enter receive a special "Grandparents Giveaway" bag, and have the chance to win a door prize! There will be food for purchase at the event, as well as plenty of awesome prizes being raffled off. Sponsorship opportunities are also available.

This event will raise funds for the Resident Activities room renovation project at Wesley Health Care Center. This room serves as a major social hub for our 342 long-term care residents that call Wesley Health Care Center home. It is a place where events and performances are held along with religious services, family gatherings and more.

Visit SaratogaGrandparentsDay.com for more information! ■

RESIDENT'S STORY – MARIO TRIESTE



Mario Trieste, a resident of Embury Apartments, shares his story about how he ended up in upstate New York and living at The Wesley Community.

Mario Trieste began his career in the United States Navy, training to become a pilot. He would later serve in World War II. After four years as a soldier, he continued his education and became a chemical engineer, where his career would see him apply for, and receive, three patents. His work focused on the safety and effectiveness of products used on concrete.

When it was time to retire and begin thinking about the next chapter, Mario and his wife began exploring their options near their daughters. One resided in Saratoga Springs and the other in Houston, Texas. Through their research, the Triestes discovered

The Wesley Community and came for a visit. At this time, they were still very independent, but were planning for the day that they might need more care. They fell in love with The Wesley Community campus and the fact that they would be able to live independently and not have to uproot should they require the aid of Wesley Health Care Center.

When Mrs. Trieste came to need Wesley Health Care Center's services, Mario was able to walk over to The Springs building, just steps from Embury Apartments, and spend time with his wife. This closeness and accessibility made it much easier to age in place,

and allowed them both to focus on what was important – being together. Mario also found himself utilizing the services of Wesley Health Care Center for a short period of time, and aside from the amazing care received, he said the food was the best part!

Mario now spends his time volunteering with The Elks Lodge, calling bingo on Monday evenings, and assisting in bringing new programs and initiatives to Saratoga Springs to ensure that all residents have essentials made available to them. If he isn't out and about the town, you can find him reading a good mystery book in the library! ■

GRANTS

make a difference

- Thank you to the Adirondack Trust Company Community Fund for its Lend-a-hand grant which helped Wesley Health Care Center purchase new equipment to benefit the many residents who live here. Pictured (from L to R), with the new equipment, are Kim Garso, director of nursing; Jessica Florio, administrator; and Liz Germain, assistant director of nursing.
- Thank you to the Saratoga Casino Hotel Foundation for its generous support of the Embury Apartments Fund. This donation will help pay for programs and activities for our senior residents at Embury Apartments and will make a difference in the lives of many.



Welcome Saranya Thomas

Saranya Thomas was appointed Enriched Living Program Coordinator for Woodlawn Commons in April. In her role, Thomas will administer the operations of Woodlawn Commons Enriched Living Program to provide a high quality of life for all residents

and promote communication between staff, families, and administration. She will also oversee the housing program to ensure compliance with the Department of Health and any other regulatory or accrediting requirements.

Saranya has nearly 10 years of experience serving families and clients of all ages in the medical field, including home care, hospital care and service centers for both children and the elderly. She also has previous work experience in assisting patients with long-

term placements, short-term rehabilitation and developing and facilitating the assessment of treatment plans.

Saranya is a graduate of University at Albany, where she received a Master's degree in social work. She was previously employed at The Pines at Glens Falls Center for Nursing and Rehabilitation, where she worked directly with long-term and short-term geriatric patients in her role as a discharge planner.

Welcome, Saranya!



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*From independent living to long-term care,
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